Up Island Council on Aging 508-693-2896

		~ May	2015 ~			
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		100			8:15 Balletics	2
					10:30 Yoga	
					1:00-3:00 Water Color	
	4	5	6	7	8	9
	10:00 Pilates	8:30, 9:30 Strength Training	8:15 Balletics	8:30 & 9:30 Strength	8:15 Balletics	
	11:15 Yoga	9:30 Discussion Group	1:00 Mah Jong	Training	10:30 Yoga	
	9	10:00 Writing Group	4	12:30 Lunch	1:00-3:00 Water Color	
		11:30 Rug Hooking	vi he		00000000	
		NEW 1:00-2:00 MELT		1:00 Bridge		
		*NEW 3:00-4:00 Dance Free	400		0000000	
10	11 10:00 Pilates	12 8:30, 9:30 Strength Training	13 8:15 Balletics	14 8:30 & 9:30	15 8:15 Balletics	16
	10:30 Vineyard Isle	9:30 Discussion Group	1:00 Mah Jong	Strength Training	10:30 Yoga	
		10:00 Writing Group	livian oong	12:30 Lunch	1:00-3:00 Wate, Color	
	Group	11:30 Rug Hooking	RIV.	1:00 Bridge		
	11:15 Yoga	11:30-2:00 Blood Pressure Clinic	A FAY			
		*NEW 3:00-4:00 Dance Free				
17	18 10:00 Pilates	19 8:30, 9:30 Strength Training	20 8:15 Balletics	21 8:30 & 9:30	8:15 Balletics	23
	11.15 Voca	9:30 Discussion Group	1:00 Mah Jang	Strength Training	10:30 Yoga	
	11:15 Yoga *Pedi-Care	10:00 Writing Group	Mah Jong Falmouth	12:30 Lunch	1:00-3:00 Water Color	
	Clinic* 508-693-2896	11:30 Rug Hooking	Shopping Trip	1:00 Bridge	10-2	
	to sign up	*NEW* 1:00-2:00 MELT	Public Health Nurse	nies Bridge	Chair Massage Call 508-693-2896	
		1:30 Better Business Bureau Presentation	Patti Mello	200	for appointment!	
		*NEW 3:00-4:00 Dance Free	Legal Clinic	3/10		
24	25	26 8:30 0:30 Strength Training	27 8:15 Balletics	28 8:30 & 9:30	29 8:15 Balletics	30
	Memorial Day	8:30, 9:30 Strength Training 9:30 Discussion Group	10:30 Book	Strength Training	10:30 Yoga	
	Office Closed	10:00 Writing Group	Group Fin and Lady by		1:00-3:00	
	Closed	11:30 Rug Hooking	Cathleen Schine		Water Color	
		NEW 1:00-2:00 MELT	1:00 Mah Jong	1:00 Bridge	as Alla	
	Memorial	*NEW 3:00-4:00 Dance Free	india 5011g		- CO 1	1
31	*Public Health	Nurse: Drop in OR call Laura	Murphy RN for ap	ot.1-508-957-766	50	
	*MELT workshop:Space is limited, call to sign up in advance508-693-2896					
	*Contract Brid	ge: Call Adriana 508-645-2637				

*Better Business Bureau Presents: Scams, Fraud, and Identity Theft.

Other Ongoing Services:

Outreach

Fuel Assistance

SNAP (formerly known as Food Stamps)

Government Surplus Food Distribution

Notary Services

SHINE (insurance specialist)

File of Life

Telephone Reassurance Calls

Durable Medical Equipment

Lifeline and Be Safer At Home

Upcoming Events:

Felix Neck and the Audubon Society

Presents: Birds of Prey on Martha's

Vineyard. June 29th 2-3PM

"Beautiful- the Carole King Musical" at the

Providence Performing Arts Center

September 20th